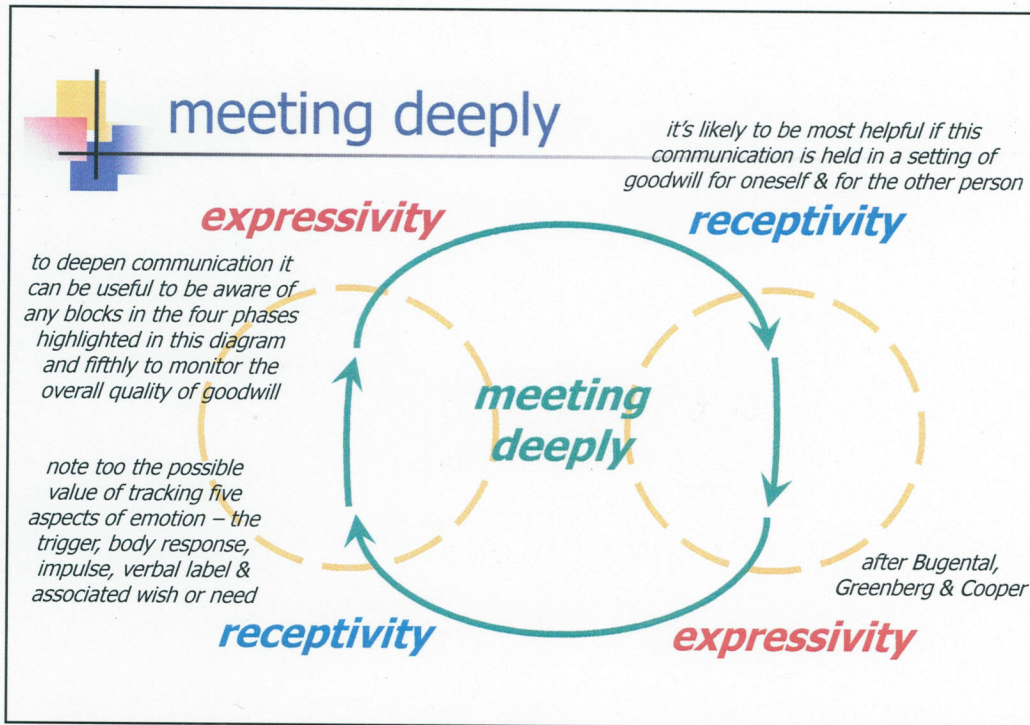
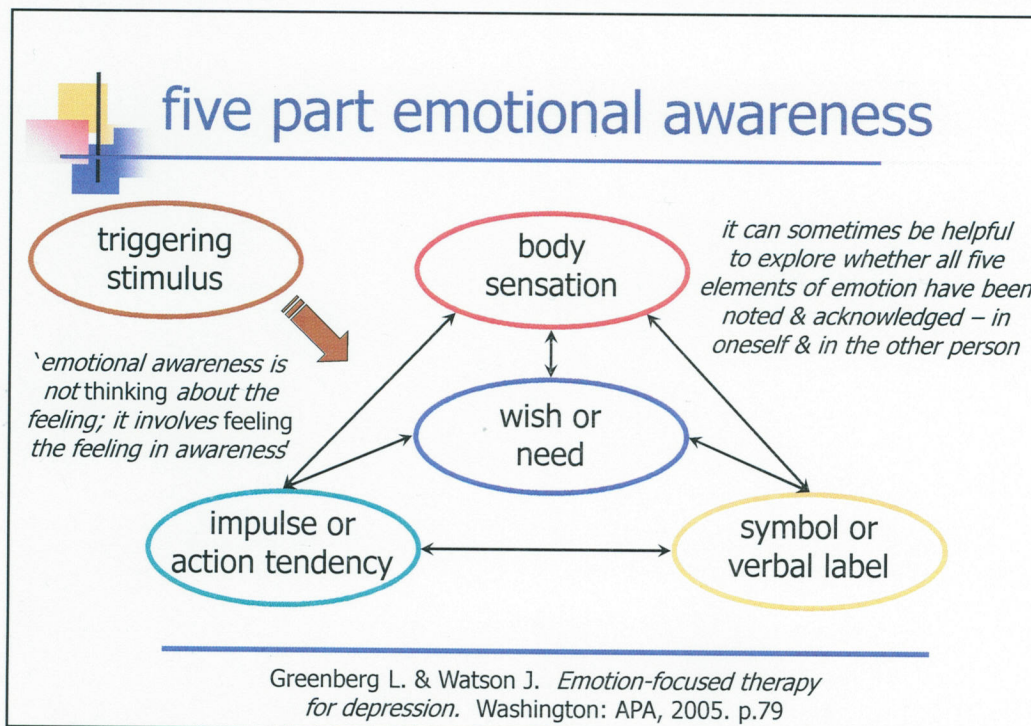


# meeting deeply



it can often be useful to have simple "orientating maps" that can be used as quick "compass checks" in the challenging environment of close interpersonal interactions – this "meeting deeply" map is one such compass that can be used to remind & encourage the other person & oneself to feel & express what's authentically true.



the five part emotional awareness diagram is another simple "orientating map" that can be used for quick "compass checks" – note that the "impulse or action tendency" may or may not push towards constructive response; the underlying "wish or need" is often healthy, with the "impulse" sometimes being up-to-date & appropriate and sometimes being a now out-of-date past pattern that it would be good to change.